

NURYSH

SMOOTH

PRACTICAL GUIDE TO CUPPING

How to Use Your Cups,
Best Practices, Benefits
and Modern Day Techniques



WHAT IS CUPPING THERAPY?

Cupping therapy was first discussed in old medical textbooks in the Western World and was described as a medical practice that was used by Egyptians.

There have also been accounts of Hippocrates using the Cupping Method for internal disease. Fire Cupping has also been practiced throughout Europe, Asia, and Africa. Cupping therapy is an alternative form of medicine and is perhaps better known as a traditional Chinese Medicine, like acupuncture. Cupping used to be performed using hollowed out animal horns and was a method employed to treat boils, snakebites, and skin lesions. The cupping method was said to pull toxins from the body. The application of cupping throughout the years has evolved from the use of animal horns to bamboo cups, and then to the glass cups, we see used today. Therapy cups can also be made from earthenware and silicone materials that can withstand being exposed to elevated temperatures during the heating process. Several other cultures used cupping therapy as a method to treat several different ailments. The Chinese have been reported to use cupping during surgical procedures as a way to help divert the blood flow from the surgical site. American and European doctors have used cupping to treat more common ailments such as the common cold and chest infections and congestion.

The basic idea behind cupping therapy is to place glass cups or silicone cups on the patient's skin to create a vacuum, so the blood is drawn to the surface of the skin in specific parts of the body that need healing. Traditional Chinese practitioners discuss different areas, or meridians, of the body that are used to transfer energy. They believe each body has twelve different meridians and treatment can be applied to each meridian for a myriad of reasons.

USING YOUR CUPS:

- 1.** Add water, body oil or any other lubricant to clean skin/area you intend to cup to facilitate better adhesion with skin.
- 2.** Place cup(s) on your skin/treatment area and use a few pumping motions to create vacuum. You should observe skin and tissue sucked in inside the cup.
- 3.** Use 1-2 short pumps for lighter vacuum pressure for static or gliding massage cupping or for lymphatic drainage. Use 2-4 pump for heavier vacuum pressure for static/stationary cupping.
- 4.** For static cupping use 1 or as many cups as needed depending on intended treatment. Leave cups on target area for 2-15 minutes. Use 2-3 times a week for up to 10 days.
- 5.** Observe color and texture of skin inside the cup. Do not overwork the area. It is normal for skin to turn pink or darken. In the unlikely event if blisters appear, remove the cup and sterilize the area with a disinfectant. Skin discoloration or “cupping marks” indicate stagnation, injuries, toxins or other issues and should dissipate between 1 and 10 days.
- 6.** To remove the cup(s), pull on the air valve to release the pressure, or if tubing is attached use one finger to release the cup.
- 7.** Keep the room warm during cupping. Avoid chills, drafts or excessive heat for up to 6 hours post cupping. Avoid steam, sauna and any other type of body treatments like massage or other bodywork manipulation for the next 48 hours.
- 8. See:** Safety, Contra-Indications and General Protocols section for more information.

SILICONE AND RUBBER BULB CUPPING TECHNIQUES

Use Large cups to disperse strong suction over a larger area and Small cups for smaller areas or contour massage. Use a large cup with good suction to loosen adhesions, stagnation, and for trigger point release.

Static Cupping - add water or any type of lubricant (that doesn't quickly absorb into skin) to the area you intend to cup. Compress the cup to create vacuum suction. Leave the cup(s) parked for 3-15 minutes. Start with just 3 minutes and gradually increase time. If the cup pops off, reposition it again. You may use this technique several times a week for up to 10 days, then take a break.

Flash Cupping - squeeze the cup to create vacuum suction, place on skin, release, repeat. Perform flash cupping rounds for up to 15 minutes per area on the body. Flash Cupping helps relieve congestion and sinus pressure. Great for deep tissue release or to minimize discomfort of a cupping massage.

Dynamic (Gliding/Massage Cupping) - apply oil or any other good lubricant to dry skin or use on wet skin with body wash or soap in the shower. Compress the cup to create vacuum suction. Glide the cup in zig-zag, circular or up and down motion. Complete, by draining toward lymph nodes (refer to Lymphatic Drainage Chart Figure 3). Use 1-3 times a week for a total of 5-20 minutes. Take a break to restore energy levels.

Shaking or Rotating - move the cup side to side or rotate when in static position. Effective for softening scars, deep tissue work, trigger point and myofascial release.

IT BAND

Shaking movement or massage strokes are most effective along the I.T. band (Iliotibial band syndrome).

CELLULITE

Thigh/Hips/Buttocks:

Apply oil or use in the shower. Apply a large cup and use spiral, zig zag or circular motion to break up fascia[adhesions that cause cellulite - or the "orange peel" look. Begin with light cupping on the region being treated to begin to loosen fascia. Increase the amount of suction as the area softens. When you can move the cups without resistance, glide the cups from the gluteal fold outward to the hips. Gravity will take the lymph fluid to one of the major lymph node clusters in the groin.

Legs:

Back of the legs, begin with light circles and increase suction as you feel areas soften. Then glide the cup upward toward the sits bone and over toward the hips. Repeat as necessary. Less is more, don't overwork an area, the process is cumulative.

***TIP:** Dry brush or exfoliate with a good body scrub in the shower followed by cupping.



FACIAL CUPPING

Recommended Oil:

Jojoba or Coconut Oil

- 1.** Begin with a clean face (you may use the antimicrobial cleansing brush).
- 2.** Apply facial oil or cream to face, neck and chest.
- 3.** Work one side of the face at a time.
- 4.** Use small eye cups for the delicate eye and lip area, and larger glass or silicone cone shaped cups for face, neck and décolletage.
- 5.** Squeeze the air of the silicone cup or by squeezing the rubber bulb of the glass cup before applying the cup to skin.
- 6.** Use flash cupping (suction and release technique) to drain sinuses, between and around eye and lip areas.
- 7.** Suction the cup to face and use sweeping/gliding massage strokes in areas indicated by arrows. Use your free hand to anchor skin behind the cup for a smoother glide and to prevent pulling on skin. Repeat 3-5 times per area for a maximum of 15 minutes total. Slow movement helps stimulate fluids where faster movement boosts circulation, collagen and elastin.
- 8.** To address stubborn lines and wrinkles, place the cup over the area of concern, lift and stimulate it while maintaining suction.



9. Do not cup over new scars, acute acne or Rosacea, sun-burned skin, raised moles, herpes or other skin inflammations.
10. Temporary redness, tingling and slight itching may be possible, but typically normal due to increased vascularity of the area cupped. These effects will disappear shortly.

DIRECTIONS

Work one side at a time.

FACE (larger cup)

1. Begin at the base of the ear, move down the side of the neck and across bottom of the clavicle using Flash cupping (suction & release) method. Repeat 3 times.
2. Place cup under the chin and glide under the jaw back toward the ear. Drain down the neck using Flash Cupping method. Repeat 3 times.
3. Place cup on the chin and glide across the jaw line and over the face under the cheek bone area toward the ear. Drain down the side of the face and neck using Flash Cupping method. Repeat 3 times.
4. Start at the side of the nostril and glide the cup across the face toward the ear, in the sinus area where you can use the Flash Cupping method then continue to glide over the cheek toward the ear. Drain down the side of the face, down the neck and across the clavicle. Repeat 3 times.
5. Place the cup between the eyes and hold to release (Flash Cupping). Glide the cup upward to the center of your forehead to release tension. Repeat 3 times.
6. Start at the center of the forehead and glide the cup across the forehead to release frontalis muscle (forehead wrinkles). Use Flash Cupping method down the side of the face and neck. Repeat 3 times.

EYES (smaller cup)

- 7.** Start at the inside corner of the eye, use Flash Cupping (suction & release) method gently and slowly. Move across the top lid to move fluids to the exterior corner of the eye. Next use same suction & release technique under the eye. When finished, glide the cup down the side toward the ear. Repeat 3 times.
- 8.** Use a smaller or larger cup to lift the brow area. Place the cup above the brow and use your other hand to lift the inner brow. Keep the cup suctioned in place for 5-10 seconds, then complete by gliding the cup toward the outer end of the eye. Use Flash Cupping method down the side of the face and neck. Repeat 3 times.

LIPS (smaller cup)

- 9.** Place a smaller cup above the top lip line area. Proceed by using the Flash Cupping method. To address fine lines and wrinkles use the cup to lift the skin up, hold for a few seconds then release. Complete this step by using the gliding massage stroke above the upper lip to the side of face. You may cup or plump you the lips, but first be sure to apply oil or lip balm to pre-treat and moisturize the lips and for better adhesion. Repeat 3 times.



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